

Sugar

Ms. Cronin Culinary Arts 1

Name: _____

Period _____

What is sugar? It is also known as _____ or table sugar. It comes from _____ or sugar _____. But there are other kinds of sugar, too.

All sugars are _____ - made up of carbon, hydrogen and oxygen. The amount of sweetness and how long it takes to dissolve in water depend on its _____ makeup.

Types of sugar: sucrose, dextrose or _____, lactose (from milk), maltose and _____ from fruit and vegetables.

_____ % of the world's sugar is from sugar _____

_____ % from sugar _____

Pure sucrose refined is _____ sugar. Ground into powder it becomes confectioner's sugar or _____ sugar.

Brown sugar is refined sugar with the presence of _____, or the molasses may have been added after refining.

_____ is a product that is left over from the processes of sugar manufacturing. It is used to add _____ and sweetness.

Corn Syrup is made from _____ starch and composed mainly of glucose. It is used as a _____ and for keeping products moist.

_____ naturally occurs in fruit and vegetables. It is the _____ naturally occurring sugar. Twice as sweet as _____.

Honey comes from _____ where it is produced by bees that retrieved the nectar from flowers. The varying taste of honey is due to the _____ that the bees visit.

Artificial sweeteners: These are synthetic substances that are used in place of sugar.

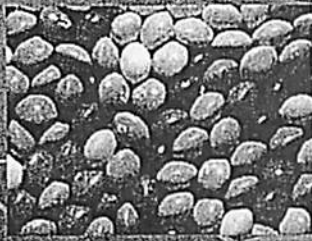
_____ is the most common. High _____ of sweetness.

Sweet 'N Low - Made from refined _____, cream of tartar and dextrose.

Equal - contains aspartame, _____ and maltodextrin.

Splenda - made from _____. Not a natural product, but it did start out as sugar, then was _____ altered to produce Splenda. It can be substituted for sugar in almost any _____.

Sweeteners



What is sugar?

- Sugar is also known as sucrose, or table-sugar. It comes from sugarcane or sugar beets. But there are other kinds of sugar, too.

- All sugars are carbohydrates – made up of carbon, hydrogen and oxygen. The amount of sweetness and how long it takes to dissolve in water depend on it's chemical makeup.



Types of sugar

Sucrose

Dextrose or glucose

Lactose

Maltose

Fructose



- 70% world's sugar from sugarcane
- 30% from sugar beets

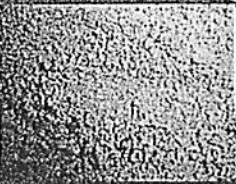


- Pure sucrose refined is granulated sugar
- Ground into powder, it becomes confectioner's sugar or powdered sugar.



Brown sugar

- Refined sugar with the presence of molasses or the molasses may have been added after refining.



Molasses

- Molasses is a product that is left over from the processes of sugar manufacturing. Used to add flavor and sweetness.



Corn Syrup

- Made from corn starch and composed mainly of glucose. Used as a thickener and for keeping products moist.



Fructose

- Naturally occurring in fruits and vegetables. Sweetest naturally occurring sugar.
- twice as sweet as sucrose.



Honey

- Comes from bee hives where it is produced by bees who retrieved the nectar of flowers.
- Taste is from the plants that the bees visit.
- May travel 5 miles to get to a flower.



Artificial Sweeteners

- Synthetic substances used in place of sugar.
- Aspartame is most common (180 times sweeter than table sugar).
- High intensity sweetness.



Sweet 'N Low

- Made from refined saccharin, cream of tartar and dextrose.



Equal

- Contains aspartame, dextrose, maltodextrin



Splenda

- Made from sucralose. Not a natural product, but it did start out as sugar, then was chemically altered to produce Splenda. (600 times sweeter than sugar) It can be substituted for sugar in almost any product.

